

May 2022

Bay County Department on Aging

WONDERFULTIMES...for all of us!

CHAIR YOGA

Thursdays, May 5th, 12th, 19th.
11:00AM-11:30AM.
Classes will ill be held in the
Community Center Small Gym.
Fee is \$3.00.
Please bring correct change.



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Elvis has left the building...

On Thursday March 3, 2022, Williams Activity Center hosted Jake Slater aka "Elvis". A great time was had by all who came out for the show. Jake had the place singing, and some dancing to all of the great Elvis hits. We even

had some guests join us from Vassar, MI to see Elvis perform.

A Big Department on Aging shout out to all of those that helped make this a great event!

To Williams Township Supervisor Will Butterfield for letting Rebekah use the other room to accommodate all 120 of us watching the show.

To Dan and Romuald, from Williams Township, who set up and took down all those tables and chairs, we are very thankful for your assistance that day.

To our own Williams Activity Center participants who told Rebekah about Elvis and worked on setting up and cleaning up the hall:

Mike and Pat Parent, Lillian and Wayne Smith, Bonnie Barber, Terry and Mary Maul, Glen and Mickey Davis, Maria Cobaugh

To our Williams Activity Center Participant Ed Welz for making and donating the bird feeders for prizes.

To our own Department on Aging Staff for all their hard work with the program, making the meals (along with all the Home Delivered and other Activity Center meals), delivering said meals and getting the meals served:

Brittney Garske—On-Call Activity Center Coordinator
Patty Gomez—Programming Services Manager
Zach Brunett—Nutrition Services Manager
Paul Wolff—Activity Center and HDM Meal Driver
Our Cooks—Steve Armstrong, Musingska Coleman, Cheryl Curtis, Lori Goodman,
Robbie Hawkins, Velda Kowalsky, Ed Neitzel, and Briana Walters.

To McDonalds and Meijer of Bay City for the donated Gift Cards.

And last but NEVER least to Department on Aging's own Activity Center Coordinator Rebekah Wieland, who worked long and hard to bring all of this together for your enjoyment and entertainment! Watch the Wonderful Times for more fun activities at all of our Activity Centers!!



WELCOME - Department Corner



Three million Americans turn 65 every year and as the Baby Boomer generation continues to age, an increasing number of people will explore new avenues of

activities and possibly different living options.

Senior communities have found that they will need to accommodate this new generation of residents. Often referred to as "active adults," these younger Baby Boomers and early retired Generation X'ers are a tech-savvy group and are looking for places where they can learn new skills or stay active.

While many older adult livina communities are marketed for 55-yearolds and up, the average age in these and other communities is closer to 70years or older. This is due to younger Boomers and early Generation X'ers living longer and more independently. Agencies like Department on Aging, and senior living community developers, need to take the preferences future residents of these into consideration and adapt to meet this growing populations needs. Younger boomers and retired Baby early Generation X'ers will be one of the main drivers for senior living technology adoption in 2022 and beyond.

https://caremerge.com/3-senior-living-trends-to-watch-in-2022/

As always, Stay Safe!
Beth Eurich,
Department on Aging

At last, we have made it to May! Hopefully the flowers are blooming, birds are singing, and warmer days are here. With all our beautiful weather comes the risk for severe storms (and not the blizzard kind). It



is important to have a severe weather plan in place in case of tornado, high winds, lightning, or flood. This becomes even more important if you have had a change in your mobility within the last year. It may be time to make a new plan if you now use a cane, walker, or wheelchair. Per the Michigan State Police MIReady program the most important questions to ask are:

- 1. Where will you go? Of course a basement is your best bet but not always possible. Seek shelter under a sturdy piece of furniture, in the center of the house, on the lowest floor, in a small room such as a closet or bathroom. Keep away from windows. Make sure to practice your plan, especially if you use adaptive equipment!
- 2. How will you find out? Pay attention to TV and radio broadcasts. You may also sign up to receive alerts thru Bay Alerts. Visit https://www.baycounty-mi.gov/eshs/

bay-alerts.aspx to start receiving text messages. Bay County also has an extensive warning siren network that will sound in weather emergencies. Bay County sirens and emergency systems are tested every Wednesday at 1PM.



3. How will I communicate after? It is a good

idea to keep a battery operated radio in case of power outage to learn when the threat has passed. Leave damaged building especially if you smell gas or chemical fumes. If possible, use the telephone to call needed emergency personnel or check in with family.

The State Police also offer some tornado myths and facts. Do not open your windows during a tornado, go directly to a safe area. Tornado can occur anytime and anywhere but in Michigan, the most common months are April thru July from 3pm to 7pm. An average of 16 tornadoes occur yearly in Michigan.

Jessica Somerlott, Senior Services Manager

Events and more...

Carrie Blohm, from Mr. Frog Repair will be instructing our 60+ population on getting the most out of their Tablet. Surprise your family and friends by becoming more cyber savvy.

Classes will cover a variety of the basic functions of your Tablet. Class size is limited to allow for more individualized instruction. Each class is \$12.50 which includes the \$10.00 class fee and \$2.50 Salad/Wrap. Registration and payment deadline is Monday, May 23.

Class 1 - Tuesday, June 7, 2022 - Basic operation/navigation

Class 2- Tuesday, June 14, 2022 - Settings & functions

Class 3 - Tuesday, June 21, 2022 - Voicemail, texting, internet

Class 4 - Tuesday, June 28, 2022 - Wrap up/ Review

Classes are being held from 4:00pm to 6:00pm at the Riverside Activity Center, 800 J F Kennedy Drive, Bay City, 48706.



Contact me with any questions at (989) 895-4100 Monday-Friday, 8:00 am to 4:00 pm Patty Gomez, Programming Services Manager

Spring is here!

This could be a good time for a little spring-cleaning and healthier eating. Eating well can be challenging, but small dietary changes make a big difference. As you age, it is vital to eat healthy foods to maintain weight, manage and prevent diabetes, and even encourage brain health. Spring is a great time to swap out processed foods for fresh fruits and veggies. It is easier than you think; an abundance of healthy produce is hitting market stands, so get out there and enjoy some fresh foods.

Bay County has an abundance of great farmers markets and produce stands, that being said.......Spring is also a great time to start growing food for yourself too. It's also an ideal time of the year to get out to your local produce stand and enjoy the weather. Produce that grows on trees or on vines, like apples, pears, and grapes are prime examples. When it comes to cultivating this, it is probably better to take a trip to your local farmer's market. There is where you will find the people who are the most knowledgeable and care the most about those foods, our local farmers.

Something that can be even more fun than just going to the market is to go straight to the source. Try a "pick-your-own" adventure. There is nothing like being able to pick a fresh apple off a tree! Bay County offers several places to do things like this, and this too will help promote an active lifestyle!

Enjoy!

Zach Brunett, Nutrition Services Manager

Miscellaneous

Bay Heritage Quilters Guild presents "A Sharing of Quilts XVI"

May 13 - 15, 2020 at the

Bay County Community Center, 800 John F. Kennedy Drive, Bay City, MI. (New location.)

Fri & Sat: 10 AM - 5 PM and Sun: Noon - 5 PM

Approximately 150 quilts will be on display, "Rhapsody in Bloom" raffle quilt, vendor mall, special exhibits, boutique, and more! \$5 admission, fully accessible facility. On Saturday, Carole Carroll, the founder of Michigan-based Miracle Quilts, will share information about her grass roots organization that supports wounded veterans.

Show info: 989-316-1036 or pokevclowns@aol.com.



Senior Lunch and Learn

Understanding Headaches and Vertigo Presented by: Shaun Sullivan, PT, AT, ATC

Friday, May 6th at 11:30am Dow Bay Area Family YMCA Family Center

Those aged 60+ are welcome to join us for a \$5 lunch and educational health seminar to help you stay active, healthy and feeling your best.

Please RSVP to the YMCA at 989-895-8596

Virtual: Bay County Alzheimer's/Dementia Caregiver Support Group Meeting

When: Tuesday, May 10, 2022 6:00pm-8:00 pm Where: On your computer or your phone

-please log on 10 minutes early in case you have to upload or update the Zoom program on your device-

(you will receive an email invitation to the meeting if you provided an

email address)

Facilitator: Stacy McIntyre, MSW, LMSW Information: 892-6644

OR go to Zoom and enter the following information:

Meeting ID: 937 4213 3053 Passcode: 547563

OR Dial-In: 1-888-788-0099 US Toll-free. Save this link for all future meetings until we meet in person again.

Golden Horizons

Adult Day Center 1001 Marsac St. Bay City, MI 48708 (corner of Broadway & Fremont)

Now Accepting New Enrollments This social program for older adults with memory loss allows for the person to participate in activities during the day and return to the comfort of their home at night. If you are having difficulty finding meaningful, stimulating activities for a family member, your family member is becoming socially isolated, or they require supervision while you are gone, Golden Horizons may be just what you need. There is no charge for the first two visits to try out the program.

*Covid 19 precautions include daily health screenings, frequent hand washing, social distancing, daily sanitization of all supplies and environment. Staff and current participants are fully vaccinated. All visitors must be vaccinated or show proof of a current negative COVID test result. Hours: Monday thru Friday 10:00 a.m. to 4:00 p.m.

Breakfast, lunch, and snacks included in cost.

\$9.50 per hour. Cost:

Financial assistance may be availa-

For more information or to schedule a visit call: (989) 892-6644.

TEMPORARILY AWAY

The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If you plan to be away or are moving, please call the main office at 989-895-4100.



Karen Bublitz- Site Coordinator 989-892-6605

CANTEEN

Mon - Fri 9:30am-1:30pm

800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

Mon. Osteo class for registered participants 8:30am-1:30pm

Tue. Indoor walking and Coffee Hour 10am

Wed. Osteo class for registered participants 8:30am-1:30pm

Thur. Shuffleboard at 10am *New Players Welcome!*

Fri. Grocery BINGO 25¢ per card 10:00am

Blood Pressure Clinic!

Our Nurse, Shantel Campfield, RN will be at The Canteen on Thursday, May 5th from 11:30am-12:30am!





Join us for a
Mother's Day Celebration
on Friday, May 6th at
10:30am.
Cake will be served after
lunch!

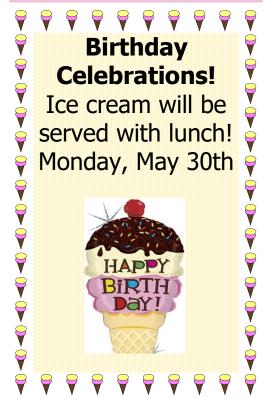


Movie Day

"The Good Lie" w/Reese Witherspoon Tuesday, May 24th

Movie will start at 10:00 am SHARP!





Jan Davenport - Site Coordinator 989-245-0102 KAWKAWLIN

Wed & Thurs 9am-12:30pm

1800 East Parish Road | Kawkawlin, MI 48631

Daily Puzzles, Board Games and Cards

Fridays Bingo at 10:00am. 25¢ to play and 25¢ a board

Memorial Day Word Search





AMERICA BLUE CEMETERY FALLEN FLAG FREEDOM HEROES

HOLIDAY HONOR MAY MEMORIAL MILITARY MONDAY PARADE RED REMEMBRANCE RESPECT SACRIFICE SALUTE SERVICE SOLDIERS

WHITE



CRAYONSANDCRAVINGS COM

Blood Pressure Clinic!!
Our Nurse
Shantel Campfield, RN
will be in Kawkawlin on
Friday, May 6th from
11:30am to 12:30pm!



DONATIONS ACCEPTED

As you know, there is no annual subscription fee to receive this <u>Wonderful Times</u> newsletter; however, we would be happy to accept any **donation** (whatever you can afford) to help defray the cost of postage.

Rebekah Wieland- Site Coordinator 989-245-0290

WILLIAMS

Mon-Thurs 9am-1pm 1080 West Midland Road | Auburn, MI 48611

Mon. Walking Club 10am (come in and

use the hall, when it warms up we

will use the park)

Euchre 10am, Video Exercise \$.25 Tue.

to participate 10am-11am

Wed. Walking Club 10am

Thur. Euchre 10am, Video Exercise

\$.25 to participate 10am-11am



Blood Pressure Clinic!

Our nurse, Shantel Campfield, RN, will be here at Williams on Wednesday, May 4th from 11:30am-12pm

Crochet Club

Tuesday, May 3rd At 10:00am

Amber will be teaching a new stitch each class. Session fee is \$5.00 and includes yarn and needles.

This class is a continuation



of the March and April classes.

Mother's Day Tea

Come enjoy some tea and cookies and help us celebrate all the special ladies. The Jolly Hammers and Strings will be performing! Thursday, May 5th at 10:30



Come make a spring time table runner! Sewers will be available on site to help get the table runner together.

Tuesday, May 26 10am Cost is \$8.50 for supplies and class is

limited to 6 people. Please RSVP to Rebekah by May 10th

On Thursday, May 26 at 10am, We will be painting small flower pots and planting flowers in them! Class is limited to 12 people and the cost is \$3.50 for supplies.



Amanda Goulet - Site Coordinator 989-893-7070

Blood pressure clinic!!

Come out and see our nurse Shantel Campfield, RN on Monday, May 2nd 11:30am until 12:30pm.



ACRYLIC PAINTING CLASS WITH STEVE WOOD Cattails

On Monday, May 2
There will be 2 classes available.
9:30am-12pm and 1pm-3:30pm
Call Amanda to register.



Is it your Birthday Month? Come in the last day of the month for a birthday treat!



RIVERSIDE

Mon-Fri 9am-2pm

800 J.F. Kennedy Drive | Bay City, MI 48706

Mon. Hand and Foot 12:30pm Smear 12:30pm

Tues. Knit/Crochet Group at 9:00–12pm (Craft Room)

Bid Euchre 9:45am-12pm Wii Bowling 10:00-11:15am Cribbage 12:30-3:00pm

Wed. Euchre 9:45am—12pm, Pinochle 12:30pm

Thurs. Puppy Sitting 9:30am-12pm Dominoes 12:30pm

Fri. Line Dancing w/Marilyn 10am—\$3 fee Pinochle (single Deck) 12:30pm

Intro to Diamond Painting 'Landscapes'

\$10 fee, includes 12x12 landscape kit, tools and lunch. Call Amanda to register BY May 4 Monday, May 9 10:00am



On Wednesday, May 18, at 11:00 a.m. Saginaw River Marine Historical Society Speaker, Don Comtois, will be here to talk about the History of Lumbering here in Bay City. Please RSVP by May 13th.





Lilith,
our visiting dog
from the
shelter was
adopted!



Irma LaPlant - Site Coordinator 989-895-5968

* Low impact exercise proves to reduce pain and stiffness. This class include gentle rang motion exercise. It will help keep joints flexible and muscles stronger. Increase energy and improve your overall outlook.

Blood Pressure Clinic! Come and see our nurse Shantel Campfield, RN on Tuesday, May 3rd at 11am.





How well do you know the

GOLDEN GIRLS?

Join us for trivia on Tuesday, May 10 @ 11am Prizes will be awarded!



HAMPTON A.M. Mon-Thurs 10am-2pm 801 WEST CENTER ROAD | ESSEXVILLE, MI 48732

Mon. Low-Impact Exercise* Class with Carol 11am

Wed. Euchre, Card Games and Wii Bowling 10:30am

Thur. Bingo—May 12th, 26th @ 11:00am

Please join us on
Thursday, May 5th from 11am-12pm
Mother's Day Celebration!
Dave from the Kowalski Band will be playing!



On Thursday, May 19th at 11am

Johnny Hunt

will be here with his Ukulele entertaining us with songs you never thought were ukulele songs!



Social Hour!! Start the holiday weekend with Banana Splits!

Tuesday, May 24th @ 11:00am



Birthday Celebrations!! with ice cream after lunch will be Tuesday, May 31st from 11-12!

Hampton Seniors would like to thank: Coonan's Irish Pub, Alert Lanes, 360 Salon and Day Spa, Tummy Ache, and Jolt Credit Union for your generous donations for our holiday parties!



May 2022

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(2) HOT DOG (1) WITH CONEY SAUCE (6) ON A WHOLE WHEAT BUN (19) Tater Tots (17) Corn (21) Bite-Sized Peaches (12)	(3) CHICKEN ENCHILADAS(20) Spanish Rice (25) Ranchero Pinto Beans (26) Honey Bunny Graham Crackers (24) Apple Juice (13)	(4) COD FISH SANDWICH (17) ON A WHOLE WHEAT BUN (25) Down Home Fries (15) Parmesan Brussels Sprouts (7) Sour Cherry Lemon Slushie (22)	(5) ROASTED PORK LOIN (0) Mashed Potatoes (17) w/Pork Gravy (2) Southern Succotash (20) Whole Wheat Bread (10) Black Forest Cake (34)	(6) HAMBURGER GRAVY (9) Mashed Potatoes (17) Kyoto Blend Vegetables (9) Whole Wheat Dinner Roll (23) Apricots (15)
(9) HEARTY GOULASH (28) Mexican Corn (21) Corn Muffin (24) Pear (35)	(10) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes (17) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Mandarin Oranges (13)	(11) SWEET AND SOUR PORK(22) Steamed Brown Rice (16)Colorful Peas and Carrots (9) Pineapple Bits (15) Aunt Millies Healthy Goodness (10)	PHILLY BEEF SANDWICH (24) ON A WHOLE WHEAT BUN (19) Diced Redskin Potatoes w/Onion(13) Riviera Blend Vegetables (6) Fresh Clementine (9)	(13) ALMOND MANDARIN SALAD (52) Snickerdoodle (28) Gala Apple (29)
(16) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Dinner Roll (1)	(17) SLOPPY JOES (8)ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Vegetables (5) Gelatin Cup (5)	(18) CHICKEN & RICE SOUP (13) Colorful Peas & Carrots (9) Oreo 4ct. (33)	(19) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans Almondine (5) Pineapple Orange Delight (31)	(20) FRENCH TOAST STICKS (54) Scrambled Eggs (3) Sausage Links (1) Whole Wheat Bread (10) Orange Juice Box (13)
(23) DUTCH CHICKEN (6) Noodles and Gravy (15) Brocolli Florets (4) Tropical Fruit Salad (21) Whole Wheat Bread (10)	(24) MARINATED PORK CHOP (12) Cheesy Mashed Potatoes (16) Cauliflower & Peas (7) Whole Wheat Bread (10) Pineapple Chunks (18)	(25) TENDER BEEF TIPS(6) Buttered Noodles (13) Glazed Carrots (10) Honey Wheat Dinner Roll (13) Apple (21)	(26) IRISH BOILED DINNER (9) Parsley Boiled Potatoes (12) Whole Wheat Dinner Roll (23) Oatmeal Raisin Cookie (23)	PULLED CHICKEN BBQ SANDWICH (35) WHOLE WHEAT BUN (25) Garden Green Peas (11) Baked Beans w/ Ham (29)Orange



REMINDER

for Home Delivered Meals clients:

- *When absence is unavoidable, please call the main office at 989-895-4100 to cancel meal delivery for that day.
- *Suggested Donation for HDM: \$2.75 per meal
- *Please be advised, Menu items may contain Nuts!
- *Menu is subject to change without notice.

^{*}You must be home when meals are delivered.

SANDWICH CHOICE FOR THE WEEK

Week of 5/2 thru 5/6

CHICKEN GYRO Chicken Gyro Meat Lettuce

> Tomato Onion

Tzatziki Sauce

Week of 5/9 thru 5/13

CALI TURKEY RUBEN Turkey Breast Coleslaw Swiss Cheese

Pickles

Ciabatta Bread

Week of 5/16 thru 5/20

AMERICAN CLUB WRAP

Ham

Turkey

Bacon

Tomatoes

Cheese

Ranch Dressing

Whole Wheat Wrap

Week of 5/23 thru 5/27

CHICKEN CAESAR WRAP

White Meat Chicken

Romaine Lettuce

Multigrain Cheese Garlic Croutons

Caesar Dressing Multi-Grain Wrap

Menus are subject to change without notice

ALL LUNCHES SERVED AT 12 NOON.

Suggested Donation at Activity Centers: \$2.50 per meal

Reservations by noon one day in advance by calling the Activity Center of your choice.

For Monday reservations please call no later than 1pm the Friday before.

Please be advised that Menu items may contain nuts!

All menus are certified by Region 7's Registered Dietitian.

THE LITERACY COUNCIL OF BAY COUNTY IS IN NEED OF VOLUNTEER SUMMER TUTORS

Students are kindergartners to 3rd graders who are behind in reading or math.

You would receive training and meet with your student twice a week for 45 minutes each session. Tutoring would take place at safe approved sites such as libraries.

Tutoring runs from mid-June to mid-August



We provide all materials and tutors must agree to a free background check.

To volunteer please call or email at Office 989.892.5002
Bayliteracy1986@att.net

BAY COUNTY DEPARTMENT ON AGING SECOND FLOOR, BAY COUNTY BUILDING 515 CENTER AVENUE, SUITE 202 BAY CITY, MI 48708-5123

Return Service Requested

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WONDERFULTIMES

MISSION STATEMENT

Bay County Department on Aging is dedicated to providing continued opportunities for the 60+ population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

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The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at www.baycounty-mi.gov.